

St Gregory Centers, Inc

"Most advanced recovery program in America"



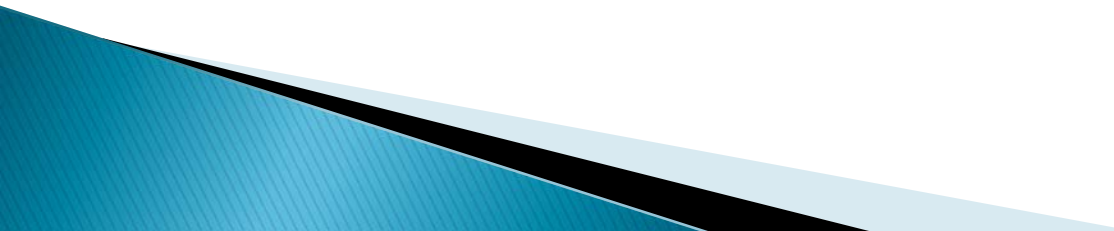
Michael Vasquez, CEO

St Gregory Centers, Inc

- ▶ One of the first evidence-based programs:
 - Psychosocial Dysfunction
 - Health Wellness Dysfunction
- ▶ Choices:
 - Desire for satisfaction

Why do People Take Drugs in the First Place?

National Institute on Drug Abuse – “To feel good or to feel better”



St Gregory Centers, Inc

Human Nature: We all want to be happy....

- ▶ Satisfaction: living....working....relationships
- ▶ Dissatisfaction: Chose ... artificial satisfaction

Shop/Hoard/Gamble/Sweets/Porn/Drugs/Alcohol



St Gregory Centers, Inc

- ▶ **Artificial Satisfaction also creates:**
 - Stress/Anxiety/Depression/Fatigue
- ▶ **Leads to:**
 - Immature choices...looking for instant gratification–selfishly and self centered.
 - Imbalance in body's:
 - Health Wellness
 - Neurological Chemistry
- ▶ **Creates a dysfunctional life within one or all areas**

St Gregory Centers, Inc

- ▶ Traditional model:
 - Developed in 1935 and published in 1939.
- ▶ St Gregory *Life Process Model*®:
 - Published research 1990's
 - 2009 revised NIDA documents
 - 95 % of patient from outside of Iowa
 - 60 Beds: 32 Male / 20 Female / 8 Detox
 - State Licensed / Internationally Accredited (CARF)
- ▶ New programs have been typically limited
 - Require healthcare and health plan referrals to survive.

St Gregory Centers, Inc

St Gregory *Life Process Model*®:

Cognitive Behavior Therapy (CBT)

- Motivational Interviewing (MI)
- Life–Skills Behavior Modification
- Curriculum Based – Consistency

Health Wellness

- Mayo Clinic “Embody Health” Program
- Rebalance Brain/Body Chemistry

“All of these brain regions must be considered in developing strategies to effectively treat addiction” (NIDA 2009)

St Gregory Centers, Inc

▶ Cognitive Therapy:



▶ Curriculum-based: Consistent Results/Replicable

▶ Most cognitive programs do not address:

- Life Rebuilding Skills
- Thought Testing
- Curriculum Based – Individualization thru Implementation

St Gregory Centers, Inc

Life Process Model ©

Life Process Program© – Cognitive Behavior Modification curriculum delivered Life-Skills:
Values/Motivation/Rewards/Resources/Support/Maturity/Goals

Life Process Pursuits©– Learning through Experience:
CBT Experiential Skills Development
Behavioral-Belief testing necessary to accept change

Life Process Wellness© – Nutrition, Sports Physiology and Life Style:
Lab Testing, Mayo Clinic Health Assessment, Daily Nutraceutical Program, Daily Health Wellness sessions

Life Process Plan© – Individualized Roadmap during 12 months after Completing Program:
Mentor based, Health Wellness continues

St Gregory Centers, Inc

Results

Sample : 171 patients (2009)

95% from out side of Iowa

Male: 128 (75%)

Female: 43 (25%)

Private Pay – 30%

Commercial Insurance – 70%

Avg Years of Use: 10.7

Completed: 2-month Residential program – 94%

Sober: 75%

Substance abused:

Alcohol – 57%

Opiates/Heroin – 22%

Cocaine – 13%

Meth – 5%

Prescription/other – 3%

St Gregory Centers, Inc

- ▶ In 2006, hospitals in the United States delivered a total of 113 million Emergency Room visits. The Substance Abuse and Mental Health Administration (SAMSHA) estimates 34% of the visits involved some combination of illicit drugs, alcohol, and/or nonmedical use of pharmaceuticals. That is 38.4 million ER visits per year.
- ▶ \$450 billion dollars were spent on locking up nonviolent drug offenders in federal prisons. In 2009, half of all prisoners serving time in the federal justice system were incarcerated for drug offences.*
- ▶ \$121 billion dollars spent on the arrest of 37 million nonviolent drug offenders, and of those, 10 million for the simple possession of marijuana. Studies repeatedly indicated that prison time increases the likelihood of continued drug abuse.*
- ▶ \$33 billion dollars spent on the “Just Say No” advertising campaign which has failed in nearly every possible metric. High school students continue to use illicit drugs at the same rate as forty years previous, with actual drug overdoses on a precipitous rise as cannabis use gives way to narcotic use.*

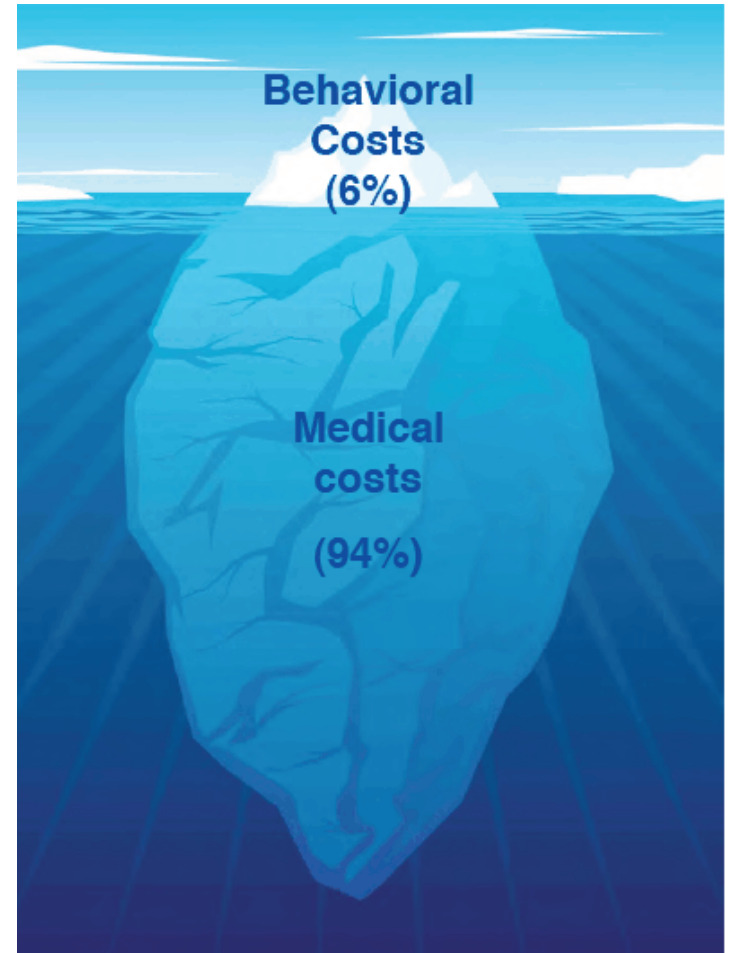
* Information procured via the Freedom of Information Act from Obama administration drug czar Gil Kerlikowske and former drug czar John Walters documents.

St Gregory Centers, Inc

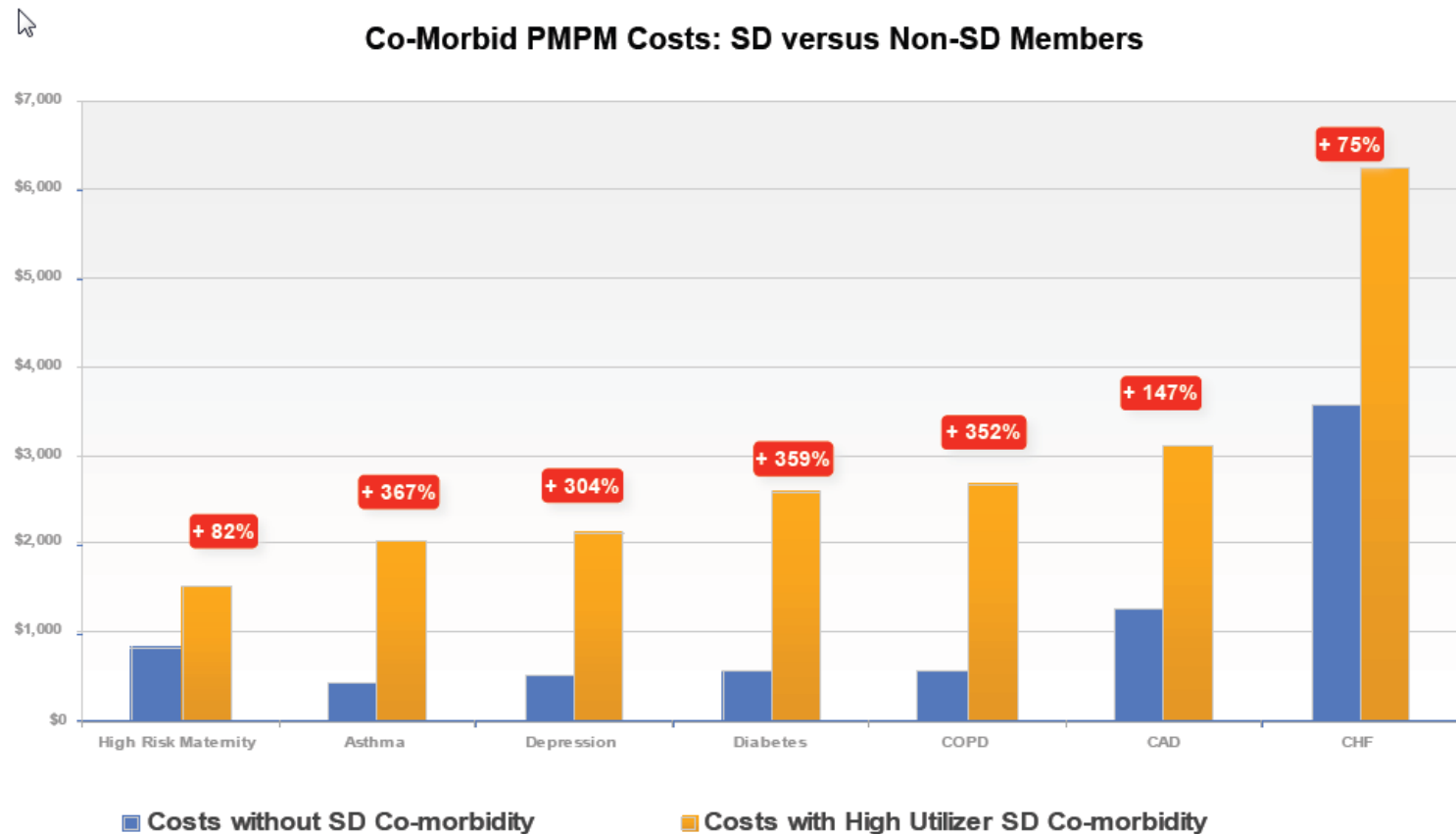
- ▶ Iowa Critical Access Hospitals maintain 24-hour emergency service/room for their communities.
- ▶ Iowa averaged 390 ER visits per 1,000 residents in 2008 (IHA).
- ▶ Annually – 1,173,063 visits to Iowa hospital emergency rooms.
- ▶ With 34% involving some combination of illicit drugs, alcohol, and/or nonmedical use of pharmaceuticals; 398,841 visits where patients that should be assessed for abuse and/or dependency.
- ▶ With 117 community hospitals in Iowa, that equates to 3,408 visits every year for each hospital, an average of 9 patients per day potentially needing help.

Cost of Substance Abuse

- Medical in-patient utilization
- Majority of people with substance abuse diagnosis have limited behavioral health claims
- Under-diagnosis and under-treatment lead to higher medical cost at higher acuity



Increased Cost for Co-Morbid Conditions



Source: Ingenix Consulting database, 20MM commercial plan lives 2005-2006

SD – Substance Dependent

St Gregory Centers, Inc

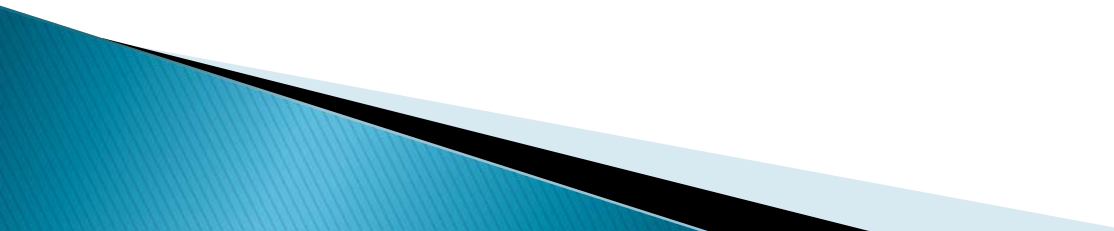
Potential Programs

- ❖ Emergency Rooms:
 - Assess patients, if abuse indicated:
 - Require/Reimburse 3 days detox
 - State supported plan for evidence-based treatment
Medicare/Medicaid/Commercial

- ❖ Universities/Colleges/Community Colleges:
 - On-line Psychosocial Assessment
 - If indicated, full on-line assessment / recommendation
Substance/Self-Harm/Psychological/Sexual Harassment/Suicide/Gambling
 - Community Colleges provide as student service (self pay/Insurance)

St Gregory Centers, Inc

Potential Programs

- ❖ Plans in Iowa include Residential Coverage:
 - Evidenced-based Programs
 - ❖ State Health Plan Includes:
 - Evidenced-Based Programs
 - ❖ Legal Systems (Courts/Law Enforcement):
 - Similar to Emergency Room Plan
- 

Questions?

www.stgregoryctr.com



Michael Vasquez, CEO

888-778-5833